

Fast Food Frenzy

WebQuest Description: Discover how healthy (or unhealthy!) your favorite fast food meals are and learn how to use Excel spreadsheets at the same time!

Grade Level: 3-5

Curriculum: Professional Skills

Keywords: Excel, McDonalds, Wendy's, Burger King, fast food, calories, healthy, my pyramid

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WebQuest URL: <http://zunal.com/webquest.php?w=133257>

Introduction

Do you love a big juicy cheese burger from McDonalds? How about hot, salty french fries from Burger King? My favorite is a ice cold Frosty from Wendy's! Most of us love food like this and would eat it every day if we could, but have you ever thought about how healthy it is? In this webquest, you are going to find out how healthy your favorite fast foods are and decide which options are more healthy for the next time you go out to eat.

Tasks

Imagine that you are on your way home and your mom asks what you want for dinner, you can choose any fast food restaurant on your way home. You pass McDonalds, Wendy's and Burger King. Which would you choose? What would you eat once you got there? After you decide on your meal, you are going to visit the website for the restaurant of your choice and read a spreadsheet to learn nutritional facts about your meal.

Process

Decide which one fast food restaurant you would like to visit for dinner. You can see the menu by clicking on that restaurant's web site link below. McDonald's Menu Burger King Menu Wendy's Menu

Part One: Create a Menu

Once you choose the restaurant, plan your meal. Choose at least four items: * main dish (sandwich, nuggets, salad, etc.) * side dish (french fries, etc.) * drink * dessert

Be sure you can find total calorie and total fat information for each item you choose.

Start a new Excel Spreadsheet (Click Start > Programs > Microsoft Office 2007 > Excel 2007) In cell (A,1) write food. In cell (B,1) write total calories. In cell (C,1) write total fat. Save this file as "Fast Food Webquest." For each item you chose for your menu, record the name of the item, total calories and total fat on the spreadsheet. When you have finished filling out information on your spreadsheet use "Auto Sum" to add up all the calories in column B and again to add up all the fat grams in column C. Save the file again.

Part Two: Create a More Healthy Menu

Explore the USDA MyPlate website to find out more about healthy eating guidelines: <http://www.choosemyplate.gov/healthy-eating-tips.html>. Now that you know how to make choices that are healthier, go back to the same fast food restaurant menu and make a new, healthier dinner meal (with at least 4 items). Enter the information for the new, healthy menu on sheet two of the spreadsheet, the same way you entered the first menu. When you have finished filling out information on your spreadsheet use "Auto Sum" to add up all the calories in column B and again to add up all the fat grams in column C.

Part Three: Write About It

Open a blank document in Microsoft Word (Click Start > Programs > Microsoft Office 2007 > Word 2007). Type a three paragraph report about your findings. Include answers to the following questions:

Paragraph #1: What restaurant did you choose? Do you eat here often? What four menu items did you choose? What is the total number of calories and fat in your meal?

Paragraph #2: What four menu items did you choose for your more healthy meal? What is the total number of calories and fat in your meal?

Paragraph #3: Use the information you learned from the USDA MyPlate website to evaluate your meals. What was most unhealthy about the first meal? What makes the second meal healthier? Is the second meal still missing some of the things you need for a healthy meal? What do you need to do to eat healthy at restaurants and at home?

Save this Word file as "Fast Food Webquest Report."

Evaluation

This project will be worth a total of 100 points. You will be graded in two areas:

Excel Spreadhseet (40 points possible): Spreadsheet is completely filled out for both meals and includes auto sum of calories and fat for both meals.

Written Report in Word (40 points possible): Three paragraph report includes all information requested in the webquest.

Conventions (20 points possible): Spelling, grammar, capitalization, and punctuation will be graded.

Category and Score					Score
				Total Score	

Conclusion

You've learned more about what you are eating at fast food restaurants. Where you making good choices? Are your friends making good choices? First Lady, Michelle Obama, is working on a campaign about childhood obesity. To learn more about her campaign, visit the website LetsMove.Gov. After exploring the website, go to Kerpoof and create several posters sharing information you found encouraging your friends to eat healthy foods.

Teacher Page

This webquest was created for use with 5th graders during a technology special area class. The project was intended to be completed over 3-4 weeks during 45 minute once-a-week classes. Excel skills must be modeled before students complete the activity independently. Other work should be completed independently with guidance as needed.

Standards

Credits

Other